

Relaxation Chair

AWC
ARMY Wellness Center
Wiesbaden

Overwhelmed?

We often experience that the work and home requirements seem to get “just a bit too much”. Make it a priority to care for yourself at least as much as you care for others. To relax your body and your mind is the recharger. Why not take a 15 minutes break some time during your day, get away from your work environment and relax.

Relax, take a Mini Vacation

Relaxation is an important part of taking care of yourself. There are many different ways to find relaxation. Your Wellness Center offers you to retrieve in a quiet environment.

Sit down into a comfortable chair, lean back, put your feet up if you like and enjoy a little back and calf massage.

The chair can be adjusted to different types of massages i.e. Kneading or Tapping, to do the whole back or just a part etc.

Read a magazine or book while enjoying the massage. You can also listen to some soothing, relaxing music that will help you to carry your thoughts away from your stress situations into a little mini vacation, wherever you want.

To be able to relax is not always easy and the best relaxation is a focused, intentional period of time where the mind is fully alert, and yet one's muscles are relaxed. Then energy will be restored and mood and performance levels will be boosted.



Relaxation:

- ♦ gives the heart a rest by slowing the heart rate
- ♦ reduces blood pressure
- ♦ slows the rate of breathing, which reduces the need for oxygen
- ♦ increases blood flow to the muscles
- ♦ decreases muscle tension

As a result of relaxation, people experience:

- ♦ more energy
- ♦ better sleep
- ♦ enhanced immunity
- ♦ increased concentration
- ♦ better problem-solving abilities
- ♦ greater efficiency



No appointment necessary.

- ♦ smoother emotions — less anger, crying, anxiety, frustration
- ♦ less headaches and pain

AWC Wiesbaden Located in BLDG # 1201 Clay Kaserne
Open 0730-1600, Mo-Fri
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